

2026

6.17

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12:10

12:50

12:10-12:15

◆ Introduction

12:15-12:40

◆ Seminar
(Presentation)

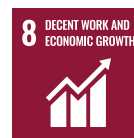
12:40-12:50

◆ Q&A

Online
(Zoom)Scan here for
Registration ▶▶https://us02web.zoom.us/webinar/register/WN_iOGi6jwVQ8KzblR8AHnWfQ

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Health Issues Among Working Women: Why Is the Healthy Worker Effect Difficult to Observe in Japan?

**Key Words**

Healthy worker effect

Gender

Occupational health

Working women

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Mariko Nishikitani was born in Ube City, Yamaguchi, Japan. She received her PhD in Social Medicine from the University of Tokyo in 2000 and earned an MPH from the Harvard School of Public Health in 2009. After working at Kitasato University and Teikyo University, she became Associate Professor at Fukuoka Women's University in 2011 and has served at Kyushu University since 2014.

Her research focuses on public health and social epidemiology, especially women workers' health, non-regular employment and health inequality, and ICT use among older adults. She is involved in JST-NSF supported international collaborative research and remote maternal and child health projects. She serves as a board member of the Japanese Society of Stress Science and editor-in-chief of the Japanese Society of Behavioral Medicine.

This seminar discusses health issues among working women in Japan from the perspective of the Healthy Worker Effect. This concept refers not only to the epidemiological tendency that workers are healthier than non-workers because they are healthy enough to work, but also to the positive effects of employment on health, such as social participation and economic independence. A comparative study conducted in 2007 between full-time employed women and housewives suggested that the typical Healthy Worker Effect may not always be observed among women in Japan.

Since then, female employment has increased, and work environments and men's participation in childcare and housework have gradually changed. Research on women-specific health issues, such as menstruation, PMS, and menopause, has also expanded, revealing their relationships with presenteeism and well-being. However, challenges remain, including low birth rates and traditional gender roles. This lecture will discuss the importance of viewing occupational health from a gender perspective and future directions for improving well-being.